



**Town of Acton**

# **Recreation Department 2005 Spring & Summer Program**



**Recreation Department**

**Acton Town Hall**

**472 Main Street**

**Acton, MA 01742**

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**Fax: 978.264.9630**

**[recreation@acton-ma.gov](mailto:recreation@acton-ma.gov)**

**Open M-F 8-5 p.m.**

**[www.acton-ma.gov](http://www.acton-ma.gov)**

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# THINGS YOU NEED TO KNOW!

## PROGRAMS FOR EVERYONE

The goal of the Acton Recreation Department is to provide recreational facilities and programs for Acton residents. The individuals who participate in programs vary in terms of interests, talents, abilities and challenges. Please let us know about barriers that prevent participation. We are proud of our work with members of the community in creating exciting and successful programs. Please help us as we try to expand our ability to provide meaningful and accessible recreational opportunities for all. Your suggestions are always welcomed.

## REGISTRATION POLICY

1. All programs are on a "first-come-first-serve" basis via mail-in registration from this brochure or at the Recreation Department at the Acton Town Hall. We will not accept registrations without payment.
2. The Acton Recreation Department reserves the right to cancel or consolidate classes that do not support themselves. All programs operate on a self-supporting basis.
3. Registration may be limited due to subject; space or staff limitations so **REGISTER EARLY**. Non-resident registration will be accepted in all programs. Call 978 264-9608 for more details.
4. Late registration will be available subject to available space.
5. ***Payment may be made by cash or check payable to the Town of Acton and mailed to:***  
Acton Recreation Department  
472 Main Street  
Acton, MA 01720
6. **Refunds may be requested in writing up to one week before the program begins.** A ten dollar (\$10.00) administration fee will be retained. Some programs have a non-refundable deposit. Camp registrations require a \$50 non-refundable deposit. No refunds will be given after the program begins. **ALL APPLICATIONS SHOULD BE CONSIDERED ACCEPTED UNLESS OTHERWISE NOTED.**
7. **It is the policy of the Acton Recreation Department that no resident of the Town shall be refused participation in a program or the use of facilities because of the inability to pay. Confidential application for financial aid can be made to the Board of Selectmen, and if a hardship exists, the applicant may apply for a reduction in fees. Please contact Nancy McShea, Recreation Director, with any questions.**
8. If any program is cancelled due to inclement weather, a refund will be given. Please allow 2-3 weeks for a refund.

## ***IF YOU WAIT – YOU MAY BE TOO LATE!***

Nothing jeopardizes a recreation program faster than individuals who wait until the last minute to register. There is a point when a program must be cancelled or modified if there is insufficient registration. All programs require a high level of coordination, often including facility scheduling, staffing, volunteer recruitment, and purchasing of supplies.

### **Acton Recreation Commission:**

Chair: Ron Schlegel  
Vice Chair: Bob Cadogan  
Alison Gallagher, Michele Zaremba,  
Matt Lundberg, Sasha O'Connell

### **Recreation Staff:**

Recreation Director: Nancy McShea  
Natural Resources Director: Tom Tidman  
Recreation Secretary: Maura Haberman

## ACTON RECREATION DEPARTMENT

### REGISTRATION FORM

Spring/Summer 2005

Register for programs either in person, at the Acton Town Hall or by mail, utilizing a separate form for each program and person. All programs must have sufficient enrollment to ensure self-support. **Refunds are issued on the basis of receipt of written notice of withdrawal one week prior to the start of the program, and are subject to a \$10.00 service charge.** For further information contact the Recreation Department at (978) 264-9608. Mail registration form to: Acton Recreation Department, Town Hall, 472 Main Street, Acton, MA 01720. **Please make check payable to "Town of Acton."** Registration forms may be photocopied.

**Registrants should consider their applications accepted unless notified otherwise.**

### Spring/Summer 2005

(Please Print)

Program Name \_\_\_\_\_ Day/Time \_\_\_\_\_

Name \_\_\_\_\_ Age/Grade \_\_\_\_\_

Address \_\_\_\_\_

Town \_\_\_\_\_ Zip Code \_\_\_\_\_

Parent/Guardian (if registrant is under age 18) \_\_\_\_\_

Telephone  
(Home) \_\_\_\_\_ (Work) \_\_\_\_\_ (Emergency) \_\_\_\_\_

E-mail Address \_\_\_\_\_

**SPECIAL ACCOMMODATIONS:** In order to enhance participation, please identify any special accommodations needed: \_\_\_\_\_

I agree to hold harmless the Town of Acton and/or its employees from claims or liability related to any accident that may occur. I give permission for medical treatment to be given if the need arises.

\_\_\_\_\_  
Signature (Parent/Guardian if under 18)      Date      Amount Enclosed: \_\_\_\_\_



## ACTON RECREATION DEPARTMENT



### NARA PARK BEACH REGISTRATION FORM – 2005

Register for beach memberships either in person, at the Acton Town Hall or by mail. Upon receipt of registration a membership pass and 2005 beach tags will be sent to you. Please fill out the registration form completely, incomplete forms will not be processed. For further information, contact the Recreation Department at (978) 264-9608. **Mail registration form to:** Acton Recreation Department, Town Hall, 472 Main Street, Acton, MA 01720. Please make check payable to: "Town of Acton." Registration forms may be photocopied.

#### SUMMER BEACH MEMBERSHIP – 2005

(Please Print)

Family Name \_\_\_\_\_

Address \_\_\_\_\_

Town \_\_\_\_\_ Zip Code \_\_\_\_\_

Telephone (Home) \_\_\_\_\_ Work \_\_\_\_\_

Check type of membership:

##### ACTON RESIDENTS

###### through April 30

\$135.00 Family \_\_\_\_\_

\$75.00 Individual \_\_\_\_\_

\$25.00 Senior (65+) \_\_\_\_\_

###### as of May 1

\$185.00 Family \_\_\_\_\_

\$105.00 Individual \_\_\_\_\_

\$25.00 Senior \_\_\_\_\_

##### OUT OF TOWN RESIDENTS

###### through April 30

\$185.00 Family (200 max sold) \_\_\_\_\_

\$110.00 Individual (100 max sold) \_\_\_\_\_

\$40.00 Senior (65+) \_\_\_\_\_

###### as of May 1

\$235.00 Family \_\_\_\_\_

\$135.00 Individual \_\_\_\_\_

\$40.00 Senior \_\_\_\_\_

For family memberships, please list all immediate household family members and ages below:

PLEASE PRINT

Name \_\_\_\_\_ Age \_\_\_\_\_

Name \_\_\_\_\_ Age \_\_\_\_\_

Name \_\_\_\_\_ Age \_\_\_\_\_

Name \_\_\_\_\_ Age \_\_\_\_\_

Name \_\_\_\_\_ Age \_\_\_\_\_

Name \_\_\_\_\_ Age \_\_\_\_\_

I agree to hold harmless the Town of Acton and/or its employees from claims or liability related to any accident that may occur. I give permission for medical treatment to be given if the need arises.

Signature (Parent/Guardian if under 18)

Date

Amount Enclosed

## **ACTON ADULT SOFTBALL LEAGUE**



The Acton Adult Softball League will kick off its 6<sup>th</sup> season in the spring of 2005. The league offers participation for both men and women, ages 21 and above (no exceptions). Team records and standings will be kept throughout the season but the league is considered “recreational” – mostly social yet semi-competitive.

The upcoming season will be comprised of 14-16 teams, based on available field space. Each team must be coed and have at least three female members on the field each inning. Team size will be determined by captains. Registration fees are \$75 per player or \$1,400 per team. Captains will collect player registration forms and individual payments and submit complete rosters/payment to the Recreation Department. **Preference will be given to returning teams who submit payment and registration forms for all players by Friday, March 18, 2005.** After this date, waitlisted teams and individuals will be accepted as space permits, on a first-come, first served basis.

### **Schedule and Timeline**

#### **Friday March 18, 2005, 4pm**

Returning team deadline

#### **Monday March 21, 2005**

Waitlisted players/teams placed as space permits on a first-come, first-serve enrollment.

#### **Thursday April 7, 2005, 7pm**

Captains Meeting, Acton Town Hall Room 121

#### **Thursday April 14, 2005, 7pm**

League Orientation Meeting, Acton Town Hall Room 204

#### **Monday April 18, 2005 – Thursday April 28, 2005 – Practices**

Monday – Wednesday – Elm Street Field

Thursday – NARA Park – upper fields

#### **Monday May 2, 2005 – Thursday June 23 2005 – Regular Season Games**

Monday – Wednesday – Elm Street Field

Thursday – NARA Park

#### **Monday June 27, 2005 – Wednesday August 3, 2005 – Regular Season Games**

Monday – Wednesday – Elm Street Field

Monday – Wednesday – NARA Park

#### **Monday August 8, 2005 – Wednesday, August 17, 2005 - Playoffs**

Details to be announced later.

#### **Times:**

Games and practice times begin at 6:00pm and 7:45pm. Teams will be scheduled to play once per week, Mon-Thurs. Sunday make-up games and scheduling is being evaluated and considered for NARA Park.

#### **Field Locations:**

Elm Street and NARA Park.

#### **Program Fee:**

\$1400.00 per team or \$75 per player.

(Teams with larger rosters should split the team fee evenly amongst players)

#### **More Information:**

Registration forms and more details at [www.actonasl.com](http://www.actonasl.com)

Registration forms also available in this program, or at by visiting the Recreation Department at Acton Town Hall

# ACTON ADULT SOFTBALL LEAGUE



## ENROLLMENT FORM 2005 SEASON

The registration process for the Acton Adult Softball League (AASL) gives preference to returning teams, and then to waitlisted teams and individuals, as follows:

**Returning Teams:** There is a team fee of \$1,400 per team or \$75 per player. Teams with smaller rosters might find it more economical to pay per player. Captains of returning teams must submit registrations for all players and full payment by Friday March 18, 2005, to secure a spot for the 2005 season.

**New Teams:** There is a team fee of \$1400 per team or \$75 per player. Captains of new teams should submit registrations for all players and full payment to get waitlisted. Teams will be added to the league on a first come first served basis if space for additional space becomes available. The captain will be contacted during the placement period that begins Monday March 21, 2005. New teams that cannot be placed will receive a full refund.

**Individuals:** Players who are not affiliated with a team should submit the enrollment form with a \$75 payment. You will be contacted. Placements will be based on a first come first served basis. Unplaced players will receive full refund.

Please mail registrations to Acton Recreation Department, Town Hall, 472 Main Street, Acton, MA 01720, or drop them off in person. Please make checks payable to **TOWN OF ACTON**. Each player must complete a registration form, and forms will not be processed without a signature of waiver below, so please sign this form. Watch [www.actonasl.com](http://www.actonasl.com) for registration status.

Name \_\_\_\_\_ ☐ Male ☐ Female

Email \_\_\_\_\_

Home Address \_\_\_\_\_

Age ☐ 21-25 ☐ 26-30 ☐ 31-36 ☐ 37-43 ☐ 44-50 ☐ 51-60 ☐ 61+

Town you Work in (if applicable) \_\_\_\_\_

Telephone (Daytime) \_\_\_\_\_ (Evenings) \_\_\_\_\_

Emergency Contact (Name) \_\_\_\_\_ (Tele) \_\_\_\_\_

☐ I am returning as a member of (team) \_\_\_\_\_

or

☐ I am an individual registrant looking to be placed on a team.

☐ If possible, please place me with (player or team) \_\_\_\_\_

I agree to hold harmless the Town of Acton and/or its employees for claims or liability related to any accident that may occur with any aspect of the Acton Adult Softball League. I give permission for medical treatment to be given if the need arises.

\_\_\_\_\_  
Signature (Players must be 21 or older)

\_\_\_\_\_  
Date

# !!! NEW !!!

## Family Fitness Project

The Family Fitness Project is a new health and fitness program designed to get families active and fit together. We are looking for families who would like to adopt a healthier lifestyle and have fun at the same time. It is easy to get involved! Get your family together and keep track of the time spent, as a family, in physical activity. The project will begin June 1<sup>st</sup> and will run until September 1<sup>st</sup>, 3 months. During this time period families, using the honor system, will report their families activity time to the recreation department on a monthly basis. Team standings will be posted at the recreation department and we will award prizes

to the three top families at the end of the project. Families will also receive a t-shirt for each member. Participants will be awarded prizes for reaching various levels of achievement and an end of project "healthy party" for all. Did you know that 23% of Massachusetts adults report NO physical activity? 52% of Massachusetts adults are overweight or obese? Now is the time to teach your children about living a healthy lifestyle. What better way to promote this than to get fit with them? So come on, get off the couch and get involved. All you need to do is pick out a team name, register with us and attend our preseason meeting. After that, it's as simple as setting aside time each day to do something good for you and your family, exercise, at a level that is comfortable for everyone.

Then report your family progress each month and join us for a post project party on September 8<sup>th</sup>.

**Program runs:**  
**June 1<sup>st</sup> –**  
**September 1, 2005**

**Pre-season meeting:**  
May 24, 2005 at 7:00  
p.m. at Nara Park  
bathhouse

**End of project party:**  
September 8, 2005  
6:00 – 8:00 p.m. at the  
NARA Park bathhouse.

**JOIN THE . . .**





**YOU CAN!**

## **STEPS TO HEALTHIER AGING**

Come find out about our new nutrition & physical activity program. Discover how simple it can be to make small changes for better health. Medical evidence shows that most older people who get a moderate amount of regular physical activity and eat right tend to be healthier and feel better. This is a simple nutrition and walking program for individuals who are interested and ready to make nutrition and physical activity lifestyle changes with some assistance. The goal by the end of this program is that participants should be regularly meeting the nutrition goals of increasing their daily servings of fruits and vegetables, fiber and calcium by one or more servings. Participants should be eating sensible food

portions for a healthy weight. Participants should also have made progress toward or achieved the goal of accumulating 30 minutes or more of physical activity on most, if not all, days of the week. Remember even small changes in diet and physical activity make a difference at any age. The benefits of good nutrition and physical activity are well known. Join us for this program and make a big difference in your lifestyle. This class will meet 2 times per week for 12 weeks. One class per week will introduce a new nutrition topic and one class per week will be spent walking. **YOU CAN!** Make a difference in your health!

### **CLASS MEETS:**

Mondays & Wednesdays, April 18 – July 11, 2005. (No class May 30 or July 4)  
TIME: 10:30 – 11:15 a.m.

**!!! NEW !!!**

**LOCATION:** NARA Park

**FEE:** \$20.00 for 12 weeks

**INSTRUCTOR:** Nancy McShea

## **SENIOR WALKING**

Join the Acton Recreation Department for a weekly walk at NARA Park. This is a great opportunity to get out of the house and socialize with friends while getting in some healthy activity. Participants can participate at any level of fitness, you determine how far and how fast you walk. Get together after the walk for a cup of coffee and a healthy treat.

### **CLASS MEETS:**

Fridays, May 27 – June 24, 2005.

TIME: 10:30 – 11:30 a.m.

**LOCATION:** NARA Park, bathhouse.

**FEE:** \$15.00 for 5 weeks.

**INSTRUCTOR:** Nancy McShea



# NARA YOUTH & MIGHTY MINI SUMMER PROGRAM

**JUNE 27—AUG 26, 2005 @ NARA PARK**

Each week there is a different theme. During that week, special group and team challenges, activities, and surprises are held. Here is this years schedule...

- ♦ **June 27 - July 1 Camp Spirit Week**
- ♦ **July 5 - 8 Carnival Week**
- ♦ **July 11- 15 Survivor Week**
- ♦ **July 18 - 22 Backpack Week**
- ♦ **July 25 - 29 Mardi Gras Week**
- ♦ **Aug. 1 - 5 International Week**
- ♦ **Aug. 8 - 12 Project Adventure Week**
- ♦ **Aug. 15 - 19 Olympics Week**
- ♦ **Aug. 22 - 26 End of Summer Vacation Extravaganza Week**

## Program 8:00 A.M. - 4:00 P.M.

Program Cost \$185.

Week of July 4 \$150.

Pre-program 7:30 - 8:00 \$10.  
(board games)

Post-Program 4:00 - 5:30 \$20.  
(board games, card games, arts & crafts, sporting options)

Both Pre and Post Programs \$25.

Program max each week: 130

Mighty Mini max per week: 20

We have ice cream parties, barbeques, special events, and much more for the children.

## FOR FURTHER INFORMATION:

Acton Recreation Department

Acton Town Hall

472 Main St.

Acton, MA 01720

(978) 264-9608

[www.acton-ma.gov](http://www.acton-ma.gov)

Or email us at:

[recreation@acton-ma.gov](mailto:recreation@acton-ma.gov)

## MIGHTY MINI PROGRAM

(4 & 5 YEAR OLDS)

8:00 - 12:00 p.m. = \$95

12:00 - 4:00 p.m. = \$95

8:00 - 4:00 p.m. = \$185

5:1 participant to counselor ratio.

Four counselors that stay with MM Program through entire summer Activities are the same as listed for regular program, **PLUS** swim lessons by Water Safety Instructors and certified lifeguards.



## **MISSION STATEMENT**

The goal of the Program is to create an atmosphere for children to grow socially, physically, and work within groups to solve challenges while having fun through our activities run by our dedicated staff.



## NARA YOUTH SUMMER PROGRAM (1ST-8TH GRADE)

### **Quick Facts**

10:1 participant to counselor ratio.

Counselor-in-Training assists group.

Counselors age from junior year of high school to college. Program staff of 25.

Staff is rotated around each week so children have the chance to experience many great counselors.

A variety of activities offered each week include:

- ♦ arts & crafts
- ♦ nature
- ♦ boating
- ♦ drama
- ♦ sports activities
- ♦ group challenges
- ♦ swimming
- ♦ all-group events
- ♦ field trips & much more!



We are looking forward to seeing your child at our fun, safe & exciting program. They will enjoy our enthusiastic staff and will make many memories.

**See you this summer!**



# NARA YOUTH SUMMER PROGRAM

(Children entering 1<sup>st</sup> – 8<sup>th</sup> grade)

2005

Please fill out this form completely. Incomplete forms or those which are not accompanied by payment will not be processed.

CHILD'S NAME \_\_\_\_\_

GRADE ENTERING IN SEPTEMBER \_\_\_\_\_ MALE/FEMALE \_\_\_\_\_

PARENT/GUARDIAN NAME(S) \_\_\_\_\_

STREET ADDRESS \_\_\_\_\_

CITY, STATE, ZIP \_\_\_\_\_

HOME PHONE \_\_\_\_\_ WORK PHONE \_\_\_\_\_

EMERGENCY PHONE \_\_\_\_\_ PAGER/CELL PHONE \_\_\_\_\_

ALLERGIES (PLEASE LIST): \_\_\_\_\_

MEDICATIONS (PLEASE LIST): \_\_\_\_\_

SPECIAL ACCOMMODATIONS (IF ANY): \_\_\_\_\_

PEOPLE AUTHORIZED TO PICKUP YOUR CHILD FROM SUMMER PROGRAM. **INCLUDE YOURSELF** IF APPLICABLE. NO ONE WILL BE ALLOWED TO PICKUP YOUR CHILD UNLESS HIS/HER NAME APPEARS ON THIS LIST. (This list can be updated at the Town Hall as needed)

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Check all that Apply: 8:00 AM – 4:00PM

ALL SESSIONS - \$185

SESSION #2 July 4<sup>th</sup> week - \$150

SESSION 1: June 27 – July 1, 2005	Camp Spirit Week	_____
SESSION 2: July 5 – 8, 2005	Carnival Week	_____
SESSION 3: July 11-15, 2005	Survivor Week	_____
SESSION 4: July 18- 22, 2005	Backpack Week	_____
SESSION 5: July 25 – 29, 2005	Mardi Gras	_____
SESSION 6: August 1 - 5, 2005	International Week	_____
SESSION 7: August 8 – 12, 2005	Project Adventure	_____
SESSION 8: August 15 – 19, 2005	Olympics Weeks	_____
SESSION 9: August 22 – 26, 2005	End of Summer Vacation	_____
Extravaganza	AMOUNT ENCLOSED \$	_____

EARLY MORNING CARE ONLY (7:30 – 8:00 AM) NUMBER OF WEEKS NEEDED \_\_\_\_\_ x \$10.00/WK \_\_\_\_\_

LATE PICK-UP ONLY (4:00 – 5:30 PM) NUMBER OF WEEKS NEEDED \_\_\_\_\_ x 20.00 PER WK \_\_\_\_\_

EARLY MORNING CARE AND LATE PICKUP NUMBER OF WEEKS NEEDED \_\_\_\_\_ X \$25.00 PER WEEK \_\_\_\_\_

A \$50 non-refundable deposit is required for each session you register for. You must notify the Acton Recreation Department in writing one week (7 days) prior to your scheduled session(s) or you forfeit your payment. If you are late picking up your child a late fee of \$1.00 per minute late will be assessed. Proof of immunizations and health exam documentation (within the past 12 months) will be required prior to admittance to the NARA Youth Summer Program. Forms will be sent to you upon receipt of this registration form.

**I HAVE READ AND AGREE TO THE ABOVE STATEMENT.**

SIGNATURE OF PARENT/GUARDIAN \_\_\_\_\_ DATE \_\_\_\_\_

**T-SHIRT SIZE (CIRCLE ONE) – LIMIT ONE PER CHILD PER SUMMER**

Youth S      Youth M      Youth L      Adult M      Adult L      Adult XL



# 2005 NARA YOUTH SUMMER PROGRAM COUNSELOR IN TRAINING PROGRAM

(Children ages 14 and 15)

CHILD'S NAME \_\_\_\_\_

AGE AS OF JUNE 27, 2005 \_\_\_\_\_ MALE/FEMALE \_\_\_\_\_

PARENT/GUARDIAN NAME(S) \_\_\_\_\_

STREET ADDRESS \_\_\_\_\_

CITY, STATE, ZIP \_\_\_\_\_

HOME PHONE \_\_\_\_\_ WORK PHONE \_\_\_\_\_

EMERGENCY PHONE \_\_\_\_\_ PAGER/CELL PHONE \_\_\_\_\_

ALLERGIES (PLEASE LIST): \_\_\_\_\_

MEDICATIONS (PLEASE LIST): \_\_\_\_\_

SPECIAL ACCOMMODATIONS (IF ANY): \_\_\_\_\_

PEOPLE AUTHORIZED TO PICKUP YOUR CHILD FROM SUMMER PROGRAM. **INCLUDE YOURSELF** IF APPLICABLE. NO ONE WILL BE ALLOWED TO PICKUP YOUR CHILD UNLESS HIS/HER NAME APPEARS ON THIS LIST. (This list can be updated at the Town Hall as needed)

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Check All that Apply: 8:00 AM – 4:00 PM

SESSION 1: June 27 – July 1, 2005 \_\_\_\_\_  
SESSION 2: July 5 – 8, 2005 \_\_\_\_\_  
SESSION 3: July 11 – 15, 2005 \_\_\_\_\_  
SESSION 4: July 18 – 22, 2005 \_\_\_\_\_  
SESSION 5: July 25 – 29, 2005 \_\_\_\_\_  
SESSION 6: August 1 – 5, 2005 \_\_\_\_\_  
SESSION 7: August 8 – 12, 2005 \_\_\_\_\_  
SESSION 8: August 15 – 19, 2005 \_\_\_\_\_  
SESSION 9: August 22 – 26, 2005 \_\_\_\_\_

Please return registration forms to the Acton Recreation Department. The Recreation Director will call to schedule a mandatory interview with each candidate. No one is accepted into the CIT program without an interview and approval from the Acton Recreation Director.

SIGNATURE OF PARENT/GUARDIAN \_\_\_\_\_ DATE \_\_\_\_\_

**T-SHIRT SIZE (CIRCLE ONE) – LIMIT ONE PER CHILD PER SUMMER**

Youth S    Youth M    Youth L    Adult M    Adult L    Adult XL    Adult XXL



# NARA MIGHTY MINI 2005 SUMMER PROGRAM (Children ages 4 and 5)

Please fill out this form completely. Incomplete forms or those which are not accompanied by payment will not be processed

CHILD'S NAME \_\_\_\_\_

AGE AS OF JUNE 27, 2005 \_\_\_\_\_ MALE/FEMALE \_\_\_\_\_

PARENT/GUARDIAN NAME(S) \_\_\_\_\_

STREET ADDRESS \_\_\_\_\_

CITY, STATE, ZIP \_\_\_\_\_

HOME PHONE \_\_\_\_\_ WORK PHONE \_\_\_\_\_

EMERGENCY PHONE \_\_\_\_\_ PAGER/CELL PHONE \_\_\_\_\_

ALLERGIES (PLEASE LIST): \_\_\_\_\_

MEDICATIONS (PLEASE LIST): \_\_\_\_\_

SPECIAL ACCOMMODATIONS (IF ANY): \_\_\_\_\_

PEOPLE AUTHORIZED TO PICKUP YOUR CHILD FROM SUMMER PROGRAM. **INCLUDE YOURSELF** IF APPLICABLE. NO ONE WILL BE ALLOWED TO PICKUP YOUR CHILD UNLESS HIS/HER NAME APPEARS ON THIS LIST. (This list can be updated at the Town Hall as needed)

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

ALL DAY - \$185.00 ½ DAY - \$95.00 SESSION #2 – ALL DAY \$150.00

		MORNING ONLY (8:00 – 12:00)	AFTERNOON ONLY (12:00 – 4:00)	FULL DAY (8:00 – 4:00)
SESSION 1: June 27-July 1, 2005	Camp Spirit Week	_____	_____	_____
SESSION 2: July 5-8, 2005	Carnival Week	_____	_____	_____
SESSION 3: July 11-15, 2005	Survivor Week	_____	_____	_____
SESSION 4: July 18-22, 2005	Backpack week	_____	_____	_____
SESSION 5: July 25 – 29, 2005	Mardi Gras	_____	_____	_____
SESSION 6: August 1- 5, 2005	International Week	_____	_____	_____
SESSION 7: August 8 – 12, 2005	Project Adventure	_____	_____	_____
SESSION 8: August 15 – 19, 2005	Olympics Week	_____	_____	_____
SESSION 9: August 22 – 26, 2005	End of Summer Vacation	_____	_____	_____
	Extravaganza	_____	_____	_____
		AMOUNT ENCLOSED _____		

A \$50 non-refundable deposit is required for each session you register for. You must notify the Acton Recreation Department in writing one week (7 days) prior to your scheduled session(s) or you forfeit your payment. If you are late picking up your child a late fee of \$1.00 per minute late will be assessed. Proof of immunizations and health exam documentation (within the past 12 months) will be required prior to admittance to the NARA Mighty Mini Summer Program. Forms will be sent to you upon receipt of this registration form.

**I HAVE READ AND AGREE TO THE ABOVE STATEMENT.**

SIGNATURE OF PARENT/GUARDIAN \_\_\_\_\_ DATE \_\_\_\_\_

**T-SHIRT SIZE (CIRCLE ONE) – LIMIT ONE PER CHILD PER SUMMER**

Youth S    Youth M    Youth L    Adult M    Adult L    Adult XL

# Youth Programs

## **WHAT'S COOKING?**

Do you like to bake cookies, brownies, muffins, maybe a fun snack or cool drink? This is the class for you. We will meet once a week for 4 weeks and cook a different delectable treat each week. This is a great way for kids and seniors to come together share stories have a few laughs and make some good treats.

### **CLASS MEETS:**

**Young Chefs** (ages 2-5) – Fridays, March 11 – April 1, 2005

**TIME:** 10:30 – 11:30 a.m.

**LOCATION:** COA Building, High St.

**FEE:** \$20.00

**INSTRUCTOR:** Nancy McShea

## **START SMART SPORT PROGRAMS**

Before entering organized youth sports programs, children need to master the fundamental motor skills that serve as a basis for more complex sports skills. Children do not effectively learn these skills by playing games, but rather by learning and practicing developmentally appropriate activities.

Developmentally appropriate activities are tasks that are designed for the current level of performance ability of the child with equipment that enables the child to be successful. Success is extremely important in early motor skill learning experiences, as it builds self-esteem and the motivation and confidence needed to try and improve.

Children who enter youth sports programs with funda-

mental motor skills and confidence in their ability to perform are much more likely to learn new, more complex sport-specific skills, achieve success in competition, and enjoy a positive sports experience. These children are also more likely to participate in sports fitness activities as adults.

All children should be provided with effective, developmentally appropriate activities and equipment to prepare them for future organized sports competitions. Start Smart accomplishes this by offering programs that encourage children and parents to spend quality time together, without the threat of competition or the fear of getting hurt.

## **START SMART SPORTS DEVELOPMENT PROGRAM**

Start Smart teaches children **ages 3-5** the basic motor skills necessary to play organized sports, while they work one-on-one and spend quality time with their parents. The program focuses on teaching children and their parents basic sport mechanics without the threat of competition or the fear of getting hurt. Start Smart sessions are held one time per week for 6 weeks, and each week the exercises become increasingly more challenging as the class progresses and the children show improvement. This class focuses on the skills of catching, throwing, kicking and hitting.

**CLASS MEETS:** Mondays, April 18 – May 23, 2005.

### **TIME :**

**MORNING SESSION** – 9:00 – 10:00 a.m.

**AFTERNOON SESSION** – 1:00 – 2:00 p.m.

**LOCATION:** NARA Park upper fields.

**FEE:** \$45.00

**INSTRUCTOR:** Nancy McShea

*Minimum 8 Max. 15*

## **START SMART BASEBALL**

Start Smart Baseball was developed to assist young children **3-5 years old** in learning the basic skills necessary for a successful first time experience in organized baseball or tee ball. Start Smart Baseball is an offshoot of the popular Start Smart Sports Development Program. Start Smart Baseball focuses on including parents as an integral part of their child's learning process. Parents participate one-on-one with their child with the guidance of an instructor teaching them the baseball skills of throwing, catching, batting, and running/agility.

**CLASS MEETS:** Tuesdays, April 19 – May 24, 2005.

### **TIME:**

**MORNING SESSION-** 9:00 – 10:00 am.

**AFTERNOON SESSION** – 1:00 – 2:00 p.m.

**LOCATION:** NARA Park upper fields.

**Fee:** \$45.00

**INSTRUCTOR:** Nancy McShea  
*Minimum 8, Max. 15*



## **START SMART SOCCER**

Start Smart Soccer was developed to assist young children **3-5 years** old in learning the basic skills necessary for a successful first time experience in organized soccer. Start Smart Soccer focuses on including parents as an integral part of their child's learning process. Parents participate one-on-one with their child with the guidance of an instructor teaching them the soccer skills of kicking, dribbling, trapping, throw-ins and agility.

**CLASS MEETS:** Fridays,  
April 22 – May 27, 2005.

**TIME:**

**MORNING SESSION** – 9:00  
– 10:00 a.m.

**AFTERNOON SESSION** –  
1:00 – 2:00 p.m.

**LOCATION:** NARA Park  
upper fields.

**FEE:** \$45.00

**INSTRUCTOR:** Nancy  
McShea

Minimum: 8 Max.: 15

## **START SMART BASKETBALL**

Start Smart Basketball teaches children **ages 3-5** the basic motor skills necessary to play organized basketball, while they work one-on-one and spend quality time with their parents. The program focuses on teaching children and their parents dribbling/ball handling, shooting, passing/catching, and running/agility without the threat of competition or

the fear of getting hurt. Start Smart Basketball sessions are held one time per week for 6 weeks, each week the exercises become increasingly more challenging as the class progresses and the children show improvement.

**CLASS MEETS:** Wednesdays, April 20 – May 25, 2005.

**TIME:** 1:00 – 2:00 p.m.

**LOCATION:** NARA Park  
upper fields.

**FEE:** \$45.00

**INSTRUCTOR:** Nancy  
McShea

Minimum: 8 Max: 15

## **START SMART GOLF**



Start Smart Golf teaches children **ages 5-7** and their parents the basic skills necessary to play golf. Utilizing the innovative line of SNAG Golf products, children who have never picked up a club will discover how to play golf with fun activities and exciting equipment that is safe and developmentally appropriate. Start Smart Golf encourages parents to work one-on-one with their child, with the guidance of the instructor during the 6-week program.

**CLASS MEETS:** Tuesdays,  
June 21 – July 26, 2005.

**TIME:** 1:30 – 2:30 p.m.

**LOCATION:** NARA Park  
upper fields.

**FEE:** \$45.00

**INSTRUCTOR:** Nancy  
McShea

Minimum: 8 Max.: 15

## **TOT SPOT**

Join other 2 & 3 year olds as we explore various activities and games weekly at NARA Park. Each week we will try out a different sport or activity, learn some skills and have some fun.

**CLASS MEETS:** Thursdays,  
May 12 – June 16, 2005.

**TIME:** 9:00 – 9:45 a.m.

**LOCATION:** NARA Park upper fields.

**FEE:** \$35.00 for 6 weeks

**INSTRUCTOR:** Nancy  
McShea

This class is open to 2 & 3 year olds only.

## **PLAYGROUND PLAYGROUP**

Join us weekly at the NARA Park playground, meet new friends and socialize with other toddlers. This non-instructional class is designed to be a social group for children up to 4 years of age. We will provide a snack and juice each week as well as an array of equipment for your child to experiment with.

**CLASS MEETS:** Thursdays,  
May 12 – June 16, 2005.

**TIME:** 10:15 – 11:00 a.m.

**LOCATION:** NARA Park  
playground.

**FEE:** \$15.00 for 6 weeks

**INSTRUCTOR:** Nancy  
McShea



## **KIDS** **ALL-AMERICAN** **FISHING DERBY**

The Kids All-American Fishing Derby is a national program operated in conjunction with local park and recreation departments, the National Recreation and Park Association, and Wal-Mart. In its seventeen year history, the Kids All-American Fishing Derby program has grown to become the largest nationally-sponsored youth/family special event in the United States. This derby is sure to be an unforgettable experience outdoors with your family. Please plan to bring your own fishing pole, reel, tackle and bait. Prizes will be awarded for the longest fish caught by each age group. This is a catch and release derby.

**EVENT DATE:** Saturday, May 21, 2005.

**TIME:** 9:00 – 11:00 a.m.

**LOCATION:** NARA Park, bath-house/pond

**FEE:** free, but please pre-register with the Acton Recreation Department



## **BIKE RODEO\***

Want to show off your bicycling skills? Need to know how to properly fit that

bike helmet? Want to learn the rules of the road? If you answered yes to any of these questions then join us at NARA Park for our 1<sup>st</sup> annual bike rodeo. Bring your bike and your bike helmet (required) and take part in a fun obstacle course, get your helmet correctly fit, and learn how to follow the rules of the road. This is a fun, yet educational program that you do not want to miss.

**EVENT DATE:** Saturday, April 30, 2005.

**TIME:** 9:00 – 11:00 a.m.

**LOCATION:** NARA Park, lower parking lot.

**FEE:** free

\*Bike helmets are mandatory for your attendance at this event.



## **SUMMER** **BASKETBALL SKILLS** **CAMP** **(Ages 10y-13y)**

In the competitive game of basketball, quick feet, explosive speed, agility and leaping ability are essential. By the end of the program you will jump higher and possess quicker moves and ball control on the court. This program will help the players develop better basketball handling, shooting, passing and play making skills.

**DATES:** June 27—Aug. 20  
M-W-F

**TIME:** 9:00-11:00 a.m.

**FEE:** 2 weeks-\$210.

4 Weeks—\$420.

6 Weeks—\$500.

**INSTRUCTOR:** Athletes Edge

**LOCATION:** Sports Performance Training, 2 Craig Rd.

Acton

## **KUNG FU** **For KIDS** **ages 7-10**



Kung Fu teaches children to try their best. Through training they learn how to overcome challenges and experience victories, giving them confidence and spirit to be their best in martial arts, their school and home. This class develops:

- flexibility
- strength
- self defense
- respect
- self esteem
- Coordination

**CLASS:**

**Session 1:** Wednesday, March 9—Apr. 13, 2005

**TIME:** 4:00-4:45 p.m.

or

**Session 2:** Tuesday, March 8-Apr. 12, 2005

**TIME:** 5:30-6:15

**LOCATION:** Chinese Martial Arts, 240 Arlington St., West Acton

**FEE:** \$95/6 Weeks

**INSTRUCTOR:** Narcyz Latecki

Maximum 10 students



## **KUNG FU FOR KIDS** **LITTLE DRAGONS** **AGES 4-6**

Kung Fu teaches children to try their best. Through training they learn how to overcome challenges and experience victories, giving them confidence and spirit to be their best in martial arts, their school and home. This class develops:

- flexibility
- strength
- self defense
- respect
- self esteem
- Coordination

### **CLASS:**

**Session 1:** Monday, March 7—Apr. 11, 2005

**TIME:** 3:30-4:00 p.m.

or

**Session 2:** Thursday, March 10-Apr. 14, 2005

**TIME:** 5:00-5:30 p.m.

**LOCATION:** Chinese Martial Arts, 240 Arlington St., West Acton

**FEE:** \$85/6 Weeks

**INSTRUCTOR:** Narcyz Latecki/Eva Latecki  
Maximum 6 students

## **PARENTS PLAY,** **KIDS STAY!**

TGIF! Shop without the kids? Have lunch with a friend? Pack for the weekend? Or just need a break from the kids? For eight Friday's this summer children



5-10 yrs. old can be brought to NARA Park for an exciting three hours of

structured fun. Children must bring a bag lunch, water bottle, sunscreen and swimsuit (They will swim the first hour). You may sign up for individual dates or all sessions. This program is limited to 15 children.

**CLASS MEETS:** Fridays 7/1, 7/8, 7/15, 7/22, 7/29, 8/5, 8/12, 8/19, 8/26

**FEE:** \$15 per session per child/**\$10 for additional family member same session.**

**TIME:** 11:00-2:00 p.m.

**LOCATION:** NARA Park

**INSTRUCTOR:** Maura Haberman

## **KIDS FIT AND FUN**

Kids Fit and Fun is a children's class geared to learning sport, creating neurological pathways, burning youthful energy and building a positive feeling towards athletics. By the time they reach elementary school, children can be separated by physical ability. Many children have older siblings and may have learned sport from them. Many more have not. The first time your child plays a sport and does not perform well, they may shrink from sport in the future. We provide a class where the emphasis is on skills development rather on competition. Children will learn a new sport, perform drills, exercise and learn about team dynamics. Mark is a certified personal trainer and Fitness Director of Personal Triumph in Concord. He is also a 2<sup>nd</sup> degree black belt in karate. He has been training children for 28

years.

**DATES:** Begins March 12th for four weeks

**TIME:** Tues at 4:00 p.m. – and Sat. at 8:30 a.m. for four weeks.

**FEE:** \$50.

**LOCATION:** Personal Triumph Fitness Studio, Concord

**INSTRUCTOR:** Mark Ryder-  
*Class Size Limited to 10*



## **POP WARNER** **FOOTBALL CAMP** **(Ages 10y-13y)**

This program helps develop proper running, agility and functional strength necessary to prepare young football players for the fall season. The movement skills taught will be specific to football and numerous players positions.

**DATES:** June 27- Aug. 11  
M-W-F

**TIME:** 10:00-11:30 a.m.

**FEE:** 2 weeks-\$180.

4 Weeks-\$360.

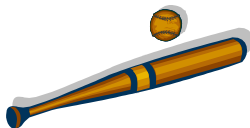
6 Weeks-\$450.

**INSTRUCTOR:** Athletes Edge

**LOCATION:** Sports Performance Training, 2 Craig Rd. Acton

## **COLONIAL BASEBALL / SOFTBALL CLINICS**

**T**he week-long clinics are run by Steve Donovan, Varsity Baseball Coach at Littleton High School. The clinics are open to boys and girls ages 8-12 who are interested in improving their baseball/softball skills and having fun. Learn the fundamentals and techniques of throwing, catching, pitching, fielding and hitting. Positioning and game play will also be covered. The instruction is individualized so that all abilities are welcome. Participants should bring their baseball glove, wear sneakers or cleats and bring a baseball bat, if desired. Also bring a bag lunch, snack with drink and cooler. The clinic will be held regardless of weather. Donovan who is the former Acton-Boxborough and Merrimack College Coach has been running the Colonial Baseball Clinics since 1984. Each clinic is limited to 50 participants. FOR MORE INFORMATION: CALL THE REC. DEPT. 978-264-9608



## **B A S E B A L L**

**CLINIC MEETS:** July 4-July 8 (Monday will be from 8:30-12:30)  
**TIME:** 8:30-4:00 PM  
**LOCATION:** Veteran's Field Complex  
**COST:** \$120.00  
**INSTRUCTOR:** Steve Donovan



## **S O F T B A L L**

**CLINIC MEETS:** July 11-July 15  
**TIME:** 8:30 -2:00 pm  
**LOCATION:** Veteran's Field Complex  
**COST:** \$120.00  
**Instructor:** Steve Donovan  
**COACH STEVE DONOVAN**

- Head Coach - Littleton High School - Present
- Director - Colonial Baseball Clinics - 21 Years
- Head Coach - Acton-Boxborough Regional High School - 10 Years
- Pitching Coach - Merrimack College - 3 Years
- Head Coach - AAU/Junior Olympic New England Mariners



## **FIELD HOCKEY SUMMER CLINIC I**

This four-day clinic will provide the novice field hockey player the opportunity to learn the skills and tactics of field hockey. Participants will experience success and skill improvement over the course of this clinic. Players will have the opportunity to participate in various 3 v 3 and 6 v 6 games throughout the class. Bring your sneakers, a mouth guard, shin guards and your enthusiasm. We'll supply all the equipment you'll need to learn this fast-paced sport. This class is open to all ages.

**CLASS MEETS:** Tuesday - Friday July 12 - July 15, 2005.  
**TIME:** 9:00 - 11:30 a.m.  
**LOCATION:** Elm Street field

**FEE:** \$65.00  
**INSTRUCTOR:** Nancy McShea

## **FIELD HOCKEY SUMMER CLINIC II**

This four-day clinic will allow the intermediate and advanced field hockey player to improve their skills and get in some pre-season game play. Participants will compete in 6 v 6 and 11 v 11 games as well as passing and shooting drills. Bring your own mouth guard, shin guards and sneakers. Get ready to improve your skill level and prepare for the upcoming field hockey season. This class is only open to participants entering grade 7 and up.

**CLASS MEETS:** Tuesday - Friday July 19 - July 22, 2005.  
**TIME:** 9:00 - 11:30 a.m.  
**LOCATION:** Elm Street field  
**FEE:** \$65.00  
**INSTRUCTOR:** Nancy McShea

## **FIELD HOCKEY SUMMER CLINIC III**

This four-day clinic is designed for those who "just want to play". The focus of this class is to allow participants an opportunity to play the game of field hockey in preparation for their upcoming season. Participants must be entering grade 8 and up and have previous playing experience.

**CLASS MEETS:** Tuesday - Friday August 16 - August 19, 2005.  
**TIME:** 9:00 - 11:00 a.m.  
**LOCATION:** Elm Street Field  
**FEE:** \$40.00  
**INSTRUCTOR:** Nancy McShea

## **INSTRUCTIONAL FIELD HOCKEY**

Designed for the beginner, this class will focus on learning the skills of field hockey and will introduce participants to game play. Class format will include stick skills, drills, 3v3, 6v6 and defensive/offensive concepts. This class is ideal for anyone thinking about playing field hockey at the junior high or high school level. Open to grades 4 and up.

**CLASS MEETS:** Thursdays, April 28-June 2, 2005

**TIME:** 3:00-4:15 p.m.

**LOCATION:** Elm Street Field

**FEE:** \$65 for 6 weeks

**INSTRUCTOR:** Nancy McShea

## **EASTERN MASS LACROSSE CLINIC SUMMER SESSION**

This program is quickly becoming one of the top girls lacrosse programs in New England and it will be held in Acton once again this summer. Each day will end with live scrimmages allowing players to work on their newly developed skills. Players entering grades 5-9 are welcome and encouraged to attend and will be grouped by appropriate skill level. All players will benefit by refining and increasing their lacrosse skills and learning to play at a higher level. New players wanting to try lacrosse can get up to speed in no time and be playing after the first day. Many of our alumni have gone on to play for NESLL, Mass Bay, and Mass Elite teams. Players need an approved girls stick, eye goggles, and mouth guard. All players will receive an Eastern Mass Lacrosse Clinic reversible tank and the opportunity to win prizes during skills contests. Please feel free to

email Scott Biron at [sbiron@verizon.net](mailto:sbiron@verizon.net) or visit the web site at: [www.emlaxc.org](http://www.emlaxc.org) with any questions.

**DATES:** June 27 – 30, 2005

**TIME:** 8AM – 11AM

**FEE:** \$150.00

**LOCATION:** The clinic will be held on the campus of Acton Boxborough or at Nara Park.

**INSTRUCTOR:** Staff includes top area coaches and players  
*Minimum 70 players, Limit 100 Players.*

## **MEN & WOMEN ADULT TENNIS CLASSES**

The beginner class will focus on the fundamentals of the game such as how to keep score; techniques in hitting ground strokes, serves, and volleys; and elementary strategy in both singles and doubles. The intermediate class will focus on shot techniques drills; singles and doubles strategy; and some match play analysis. Limit 8 students per class.

### **Session 1—**

May 24-July 14

**TIME:** 6-7 PM

Beginner: Tues. Nights

Intermediate: Thu. Nights

### **Session 2—**

July 19-Sept. 8

Beginner: Tues. Nights

Intermediate: Thu. Nights

**LOCATION:** Elm Street Tennis Courts

**FEE:** \$99 per student

**INSTRUCTOR:** John Pallozzi

## **SOCCER MOMS**



Tired of sitting on the sideline watching your child play soccer, but never getting the chance yourself? If this

sounds like you then we have just the class for you. Now you can play with other soccer moms once a week in this friendly pickup game. This class is open to novice through advanced players, but the emphasis is on fun! This is a non-instructional class.

**CLASS MEETS:** Mondays, April 18 – August 22, 2005 (No class on July 4).

**TIME:** 5:30 – 8:00 p.m.

**LOCATION:** NARA upper fields.

**FEE:** \$40.00.

**INSTRUCTOR:** Dara Duhamel

## **ACTON AREA WALKERS**

This club is for anyone who loves to walk with others, from casual walkers to those who want to compete. We meet on Saturday mornings at various locations in Acton and the surrounding towns. Walkers usually have a choice of two distances from 4 to 8 miles in length. Many members also get together informally during the week to walk.

**CLASS MEETS:** Saturdays, Apr. 2– Aug. 27, 2005

**TIME:** 8:00 a.m. until the hottest months of summer when we will meet at 7:30 a.m. to beat the heat.

**LOCATION:** Acton Memorial Library parking lot for 1st mtg. TBD thereafter.

**FEE:** \$35.00

**INSTRUCTOR:** Carol Brown

### **DID YOU KNOW?**

The fees you pay for the classes offered by the Acton Recreation Department go directly back into running programs, offering special events, sponsoring concerts and keeping up the maintenance on recreation facilities around town. Your fee goes directly back to the program that you are supporting.

## **SKYHAWKS TENNIS**

Skyhawks' Tennis focuses on the fundamental skills needed to participate in this lifelong sport. Participants learn the proper techniques of grip, footwork, ground-strokes, volleys, overheads and serves. Players will also learn the rules and etiquette of the game. Participant-to-coach ratio is approximately 8:1. Participants will receive a t-shirt and Player Evaluation form filled out by their coach.

**CLINIC MEETS:** July 11- July 15, 2005.

**TIME:** 9:00 – 12:00

**LOCATION:** Elm Street Tennis Courts

**FEE:** \$95.00

**INSTRUCTORS:** Skyhawks Staff

Limit: 12 Minimum



## **SKYHAWKS CHEERLEADING**

Skyhawks' Cheerleading offers a week of cheers, chants and fun games! Participants will be taught proper motion and jumping techniques for all aspects of cheering. The week will end with a Friday performance for the parents. Participants in Cheerleading may also be cheering on the sidelines for other Skyhawks' programs. Participant-to-coach ratio is approximately 15:1. Participants will receive pompoms, a t-shirt and a merit award.

**CLINIC MEETS:** July 18 – July 22, 2005.

**TIME:** 9:00 – 12:00

**LOCATION:** NARA Park

**FEE:** \$95.00

**INSTRUCTORS:** Skyhawks Staff

Limit: 12 Min./ 100 Max.

## **SKYHAWKS ROLLER HOCKEY**

This fast-paced Skyhawks program teaches proper hand, stick and skating techniques. Please join us for a fun week of skill-building activities and lots of games and excitement. Participants must bring their own equipment (Hockey stick, protective gloves, elbow/knee/shin pads, helmet with full face mask, inline skates, and mouthpiece). Participant-to-coach ratio is approximately 12 to 1. Participants will receive a t-shirt and Player Evaluation form filled out by their coach.

**CLINIC MEETS:** August 1 – August 5, 2005.

**TIME:** 9:00 – 12:00

**LOCATION:** NARA Park

**FEE:** \$95.00

**INSTRUCTORS:** Skyhawks Staff

Limit: 12 min./100 max.

## **THE T.J. O'GRADY MEMORIAL SKATEBOARD PARK**

On November 20, 1998, T.J. O'Grady, a 15-year-old boy from Boxborough, MA, was struck and killed by an automobile while skateboarding down a residential road. Since then T.J.'s Mother, Lori O'Grady, and many of T.J.'s friends and their families, have formed the T.J.

O'Grady Memorial Skateboard Park, Inc. , a non-profit organization whose ultimate mission is to build a safe place for the children and adults to skateboard and inline skate. To make a much needed donation, or for information on our efforts, go to our website at [www.tjskatepark.org](http://www.tjskatepark.org). The Acton Recreation Department is planning to begin construction on this skate park in the spring 2005. Together we can make this park a reality for the children and adults in Acton and surrounding communities.



## **MODEL ROCKET FLYING DAY(s)**

Enjoy the excitement of model rocketry in a fun and safe environment that the whole family will enjoy. Come and watch well over a hundred flights or bring your own model rockets and motors. The Central Massachusetts Spacemodeling Society (CMASS) supplies the launch equipment and professionally manages the launch. For more information: <http://www.cmass.org> or call Jim Salem @ 978-635-1911.

**DATES:** Aug. 20th (raindate: Aug. 21)

**LOCATION:** NARA Soccer Fields

**FEE:** Free

**INSTRUCTOR:** Jim Salem

**TIME:** 9:00 A.M.—4:00 PM



## **STRENGTH AND CONDITIONING FOR BOYS AGES 12-16**

This is a great way to introduce children to a lifetime appreciation for fitness.

The training will be strength based with some athletic skills training to augment existing skills or introduce new skills. Training meets with the American Academy of Pediatrics standards and guidelines. Students will perform a series of different calisthenics exercises and learn safe strength training on Nautilus machines. The ultimate aim is to promote exercise and make it enjoyable. Ultimately, the child will experience a change in their body, self-esteem and ability. Classes will meet two times per week during after school hours. Training will last for 55 minutes per class. Students should bring a water bottle and wear comfortable clothing. Mark is a certified personal trainer and Fitness Director of Personal Triumph in Concord. He is also a 2<sup>nd</sup> degree black belt in karate. He has been training children for 28 years.

**DATES:** Begins March 14th  
Monday & Wednesday—(four weeks)

**TIME:** 3:45PM – 4:45PM

**FEE:** \$50.

**LOCATION:** Personal Triumph  
Fitness Studio, Concord

**INSTRUCTOR:** Mark Ryder  
*Class Size Limited to 9*

## **Personal Triumph STRENGTH AND CONDITIONING FOR GIRLS AGES 12-16**

This is a great way to introduce children to a lifetime appreciation for fitness.

The training will be strength based with some athletic skills training to augment existing skills or introduce new skills. Training meets with the American Academy of Pediatrics standards and guidelines.

Students will perform a series of different calisthenics exercises and learn safe strength training on Nautilus machines. The ultimate aim is to promote exercise and make it enjoyable. Ultimately, the child will experience a change in their body, self-esteem and ability. Classes will meet two times per week during after school hours. Training will last for 55 minutes per class. Students should bring a water bottle and wear comfortable clothing. Mark has is a certified personal trainer and Fitness Director of Personal Triumph in Concord. He is also a 2<sup>nd</sup> degree black belt in karate. He has been training children for 28 years.

**DATES:** Begins March 15th  
Tuesday & Thursday—(four weeks)

**TIME:** 3:45PM – 4:45PM

**FEE:** \$50.

**LOCATION:** Personal Triumph  
Fitness Studio, Concord

**INSTRUCTOR:** Mark Ryder  
*Class Size Limited to 9*


## **INTERGENERATIONAL GARDENING PROGRAM**

Calling all seniors... Do you enjoy gardening? Do you like spending time with children? If you answered yes to these questions, then we have a volunteer opportunity for you.



The Recreation Department in conjunction with the NARA Youth Summer Program need senior volunteers to assist with planting the garden in the spring and working with camp groups to maintain and harvest the garden during the summer. Seniors can volunteer one or more hours per week and can opt for helping plant the garden, working with the camp groups or both. This is a great way to interact with youth in our community as well as provide a positive educational leadership to this population. The program will run from April through the end of August. If you are interested in volunteering, simply register using the program registration form, and we will contact you regarding your availability.

**ADULT (16+) BEACH VOLLEYBALL**



This exciting and fun co-ed volleyball sport comes to NARA Park. Teams of 3 or 6 will be formed and will play for two hours on Wednesday evenings for 8 weeks. Individual or team sign-ups allowed.

**SESSION 1: Wed. Evenings,**

May 11—June 29

**TIME:** 6:00—8:00 p.m.

**SESSION 2: Wed. Evenings,**

July 6—Aug. 24.

**TIME:** 6:00—8:00 p.m.

**LOCATION:** NARA Park Beach

**FEE:** \$25 Per Session

**INSTRUCTOR:** Maura Haberman



**1<sup>ST</sup> ANNUAL ACTON RECREATION**

**SUMMER**

**TENNIS TOURNAMENT**

Want to compete in some friendly summer fun? This summer for the 1<sup>st</sup> time we will be organizing a Summer Tennis Tournament that will offer both adults and children a chance to have some fun competition. Every participant will be guaranteed a minimum of 2 games during the summer. The number of games played for the champion-

ship title will be determined by the number of entrants. This unique tournament offers participants the flexibility of playing games on your own time schedule rather than having to meet a strict time period. Each person is responsible for contacting the Recreation Department with game results as they happen. All games will begin the third week of June and continue until the end of August. The top 3 winners in each division will receive prizes and all participants will receive a t-shirt and other goodies at the season end awards ceremony.

**CLASS MEETS:** Mandatory pre-season meeting will take place on June 8<sup>th</sup> at the Acton Town Hall at 7:00 p.m.

**LOCATION:** various tennis courts

**FEE:** \$25.00 per person includes cost of t-shirt, awards ect.

**Please indicate adult (ages 17 and up) or youth (ages 9-16) on registration form.**

**Registration deadline for this class is June 1, 2005.**

**TAI CHI & QIGONG (CHI KUNG) FOR ADULTS**

Quigong (Chi Kung) is the ancient art of cultivating Qi (intrinsic energy) for health, longevity, martial skill, and spiritual development. Rooted in Chinese medical theory, Quigong is used today by tens of millions of people worldwide for health maintenance, sport training and outpatient treatment for many diseases, including cancer.

**CLASS MEETS:**

**MORNING SESSION:** Tues., March 8-April 12, 2005 for 6 wks.

**TIME:** 9:00-10:00 a.m.

**EVENING SESSION:** Weds.

March 9-April 13, 2005 for 6 wks.

**TIME:** 8:00-9:00 p.m.

**LOCATION:** Chinese Martial Arts, 240 Arlington St., W. Acton

**FEE:** \$95 per session

**INSTRUCTOR:** Narcyz Latecki  
Maximum 10 Students-Min. 4

**WOMEN'S SOCCER**

Players wanted for Acton/Concord area over-30 women's soccer league. The emphasis is on exercise, fun with old and new friends, learning new skills and renewing old ones. Refereed 11x11 games play on Sunday afternoons. Also seeking over-50 players for national tournament in North Carolina this June.

More info on the web at <http://www.geocities.com/closetohomesoccer> or call Miriam at (781)442-0750 weekdays.

**SENIOR NATURE WALK\***

Explore Acton's Conservation Areas with our own renowned Conservation Director, Tom Tidman. Each class will be held at a different conservation area in town. Learn all about the existing plant and wildlife habitats that make Acton a unique place to live.

**CLASS MEETS:** Fridays, April 15 – May 20, 2005.

**TIME:** 10:00 – 11:30 a.m.

**FEE:** \$15.00 for 6 weeks

**LOCATION:** First class meets at the Acton Arboretum.

**INSTRUCTOR:** Tom Tidman

\*This class is designed for senior citizens, but all are welcome to attend.

## **ADULT FUNCTIONAL STRENGTH CIRCUIT AND CORE CLASSES**

**(BEGINNERS &  
INTERMEDIATE)**

This energy booster class starts with a warm-up on the large turf field and progresses through a series of functional movement exercises designed to work the total body especially your core and lower back. The 2<sup>nd</sup> half of the session concentrates on strength training. One hour sessions (Total Body Conditioning, a circuit workout mixing cardio, weights and flexibility movements).

**DATES:** March 1 through end of May

**CLASS 1:** M-W-F

**TIME:** 9:30 a.m.

**CLASS 2:** T-TH

**TIME:** 9:00 a.m.

**FEE:** 8 Class session \$80, 16 Class session \$160

**INSTRUCTOR:** Athletes Edge

**LOCATION:** Sports Performance Training, 2 Craig Rd. Acton  
Class size limited to 12

## **ADULT RECREATIONAL TENNIS TRAINING CLASSES**

**(Beginners &  
Intermediate)**

Develop agility and quicker moves on the court. Enhance your forehand, backhand, serve and volley skills. Program will include mobility, flexibility, speed, strength and power.

**DATES:** Starting 1<sup>st</sup> week of March 1 through end of May.

**CLASS:** Tuesday - Thursday

**TIME:** 11:00 a.m.

**FEE:** 4 Class sessions \$120, 8

Class sessions \$200

**INSTRUCTOR:** Athletes Edge

**LOCATION:** Sports Performance Training, 2 Craig Rd. Acton

Class size limited to 8 per time slot.

## **ADULT RECREATIONAL RUNNING PROGRAM**

**(INTERMEDIATE TO  
ADVANCE)**

This program is for active runners and recreational soccer players, who are looking to improve their speed, running mechanics, agility, strength and cardiovascular conditioning. Program is derived from our ACCELERATION program, but scaled for adults. 1hrs sessions (Straight ahead and lateral movement running skills).

**DATES:** Drop in starting week of March 1 through end of August

**CLASS/TIME:** Tues. - Thur.  
10:00 a.m.

**CLASS/TIME:** Mon - Wed - Fri  
11:00 a.m.

**CLASS/TIME:** Mon - Tues -  
Wed - Thur. 6:00 p.m.

**FEE:** 6 sessions \$150, 4 sessions \$120

**INSTRUCTOR:** Athletes Edge

**LOCATION:** Sports Performance Training, 2 Craig Rd., Acton  
Limited to 5 per time slot.

and Putt area too. To top it off, this special day at Kimball's Farm also includes a small ice cone. All this for just one price per person! Spend a couple of hours or all day having fun with your family or friends. Tickets are purchased through the Recreation Department and are redeemed on-site at Kimball's on the day of your event. (Please note all children under the age of 12 must have adult supervision.)



### **DATES AVAILABLE:**

Sat. June 18, 2005

Sun. June 19, 2005

Sat. July 16, 2005

Sun. July 17, 2005

**TIME:** 10 a.m. - 5 p.m.

**FEE:** \$18 per person/adult or child

Maximum: 100 per session/per date

**LOCATION:** Kimball's Farm,  
400 Littleton Road, Westford

## ***New!* SPEND A DAY AT KIMBALL'S FARM, WESTFORD!**

Take advantage of this special rate for yourself or your whole family for a couple of hours, or all day long (10 a.m. - 5:00 p.m.). Unlimited bumper boats, mini-golf, and for the over-12 crowd, use of the driving range and Pitch

tion/waiver form and show proof of age

## **HATHA YOGA FOR BEGINNERS**

Acton Recreation and the Acton-Boxborough Youth Baseball Program have teamed up to bring you the Pepsi Pitch, Hit & Run local competition. Come be a participant in the exciting Pepsi Major League Baseball Pitch, Hit & Run competition. This national skills program provides boys and girls, ages 7-14, the opportunity to showcase their pitching, hitting & running abilities. All participants must fill out a registration/waiver form obtained at the Acton Recreation Department and must provide a copy of a valid birth certificate or baptismal record for age verification. Participants may only participate in one local competition; winners from this competition will go on to compete in the Sectional Level in late May. Participants will be divided into four age groups: 7-8, 9-10, 11-12 and 13-14, with boys and girls competing together (age is determined as of July 17, 2004). So come on out and show off your skills during this fun competition.

**EVENT DATE:** Sun., April 24, 2005.

**TIME:** Beginning at 9:00 a.m.

**LOCATION:** Veteran's Field (2A/27).

**FEE:** Free

Must fill out a registra-

tion/waiver form and show proof of age

Strengthen and tone every part of your body, renew your energy, and find a hidden reservoir of deep and natural peace and strength with this ancient system of relaxation and rejuvenation. Yoga exercises reverse the aging process by moving each joint in the body through its full range of motion, stretching, strengthening, and balancing each part. Through the practice of Hatha yoga postures, breathing exercises and meditation, you will be put in touch with your own energy source and learn to manage stress in your life. This class is for those who have had little or no yoga, or for continuing students who want to stay at a more gentle, healing level. The class will introduce students to the fundamentals of yoga, including key postures, breathing techniques, alignment, meditation, and flow. Laraine Lippincott, a certified yoga instructor, has been teaching in Acton and Concord for several years. She brings to her teaching very precise instructions, a knowledge of how the yoga practice is promoting physical and psychological health, and a sense of compassion for all body types and abilities. Yoga promotes an alert mind, opens joints, strengthens the spine, works muscles at a deep level, stimulates the internal organs, and re-

lieves tension. Discover why the practice of yoga can offer fitness, health, energy, clarity of thought and emotional calm.

**CLASS MEETS:** Mondays, 1:00-2:15 PM; April 4-May 30  
No Class April 18 (8 wks)

**CLASS MEETS:** Wednesday, 5:45-7:00 PM April 6-June 1 (8 wks)

No class April 20

**LOCATION:** TBA

**FEE:** \$95.00

**INSTRUCTOR:** Laraine Lippincott

## **BIRDING IN ACTON**

Join well known local birder Andy Magee as he leads a series of five weekly birding walks through different environs in Acton. Walks will begin on Thursday, May 5<sup>th</sup> at 7:30AM and will last approximately one and one-half hours. Meet at the Acton Town Hall (locations for subsequent walks will be discussed each week). Bring your binoculars and get ready to be surprised by the number and diversity of bird species you're sure to see while hiking Acton's rich and varied conservation lands.



**CLASS MEETS:** Beginning-Thursday, May 5--June 2, 2005

**TIME:** 7:30-9:00 a.m.

**LOCATION:** Acton Town Hall (1st Week-TBD remaining)

**FEE:** \$30.00

**INSTRUCTOR:** Andy Magee



**Save a life**



## **COMMUNITY CPR/FIRST AID**

**Class Description:** This class certifies candidates in CPR for adult, children, and infants, as well as provides certification in first aid. Candidates can choose whether they want to take both sections or choose to take just one. The CPR section will include the topics of strokes, heart disease, rescue breathing, choking, CPR for adults, children, and infants, as well as a brief introduction to the automatic external defibrillator. The first aid section includes the topics of assessment, bleeding, shock, burns, musculoskeletal injuries, medical emergencies, poisoning, insect bites, and environmental emergencies. Successful candidates will receive completion cards through the American Health and Safety Institute. It is strongly recommended that students have prior knowledge of CPR and First Aid as this is a fast paced course.

**DATE/TIME:** Students should sign up and instructor will contact to find a date and time to match student's schedule.

**FEE:** \$60

**INSTRUCTOR:** Jason Malinowski

## **PROFESSIONAL RESCUER CPR**

**Class Description:** Upon completion, candidate will receive certification through National Safety and Health Institute. This level of certification meets all requirements for lifeguards, EMTs, and healthcare workers. Topics of discussion include strokes, heart attacks, assessment, rescue breathing, CPR for adults, infants, and children, two rescuer CPR, the use of a bag valve mask, choking,

emergency oxygen, and an introduction to the automatic external defibrillator (AED). A skills examination will be given at the end of the course.

**DATE/TIME:** Students should sign up and instructor will contact to find a date and time to match student's schedule.

**FEE:** \$60

**INSTRUCTOR:** Jason Malinowski

## **PROFESSIONAL RESCUER CPR REVIEW**

**Class Description:** This class is intended for candidates with previous certification in professional rescuer CPR. Topics of review include strokes, heart attacks, assessment, rescue breathing, CPR for adults, infants, and children, two rescuer CPR, the use of a bag valve mask, choking, emergency oxygen, and an introduction to the automatic external defibrillator (AED). Candidates must have been previously certified through the American Red Cross, American Heart Association, or National Safety Council. Candidates must present proof of completion on first day of class. This course meets all guidelines for lifeguards, EMTs, and healthcare providers.

**DATE/TIME:** Students should sign up and instructor will contact to find a date and time to match student's schedule.

**FEE:** \$40

**INSTRUCTOR:** Jason Malinowski

## **PROFESSIONAL LIFEGUARD CLASS**



This class will cover all aspects necessary to become a professional lifeguard. Training includes CPR for the Professional Rescuer, First Aid, Blood Borne Pathogens, Emergency Oxygen, and

use of an Automatic External Defibrillator. Lifeguard Training portion will include prevention, surveillance, managing conscious and unconscious victims, rescue techniques, spinal immobilization, and personal safety. Successful completion will result in lifeguard certification through STAR (Safety Training & Aquatic Rescue) Guard Lifeguard Certification and Professional Rescuer CPR and First Aid certification through the American Safety and Health Institute. Training exceeds national standards. This class is great for first time lifeguards. Job placement help will be made available as part of this course to extremely qualified candidates. **MUST BE AT LEAST AGE 15 TO SIGNUP. CANCELLATION MUST BE MADE 15 DAYS PRIOR TO CLASS.**

**TIME/DATES:** Schedule for Class:  
Friday May 20- 6:00 PM to 9:30 PM  
Saturday May 21 – 9:00 AM to 4:30 PM

Sunday May 22 – 9:00 AM to 4:30 PM

**LOCATION:** Harvard Ridge Pool, Club, Boxborough

**FEE:** \$225

**INSTRUCTOR:** Jason Malinowski

## **RECERTIFICATION LIFEGUARD CLASS**

Individuals previously certified through the Red Cross or Starguard program qualify for this 4-hour refresher course. Prior certification must be presented on day of class. This class is four hours long and reviews the essentials of lifeguarding, as well as provides a refresher course in CPR and First Aid. Certification is good for one year. Job placement assistance will be provided to extremely qualified participants.

**DATE:** Thursday May 19<sup>th</sup>, 5:30 PM – 10:00 PM

**LOCATION:** Harvard Ridge Pool Club, Boxborough

**FEE:** \$70

**INSTRUCTOR:** Jason Malinowski

# Swim Lessons at NARA

## **NARA PARK SWIM LESSONS**

The Acton Recreation Department will be offering swim lessons at NARA Park during the summer of 2005. Red Cross Swim lessons will be available for beginners (Level 1) through Level 3 – Stroke Readiness. These classes are limited to children age 2 to 17. Classes will cover the following skills:

### **Level 1 – Water Exploration**

Submerge face.  
Bobbing.  
Float supported front and back.  
Bubble blowing.  
Kick supported, front and back.  
Crawl stroke arms.  
Reaching assists.  
PFD use.

### **Level 2 – Primary Skills**

Submerge head.  
Retrieve objects – chest deep.  
Deep water – supported.  
Prone float/glide, recover.  
Supine float/glide, recover.  
Level off from vertical.  
Front & back flutter kick.  
Fin on back.  
Back crawl arms.  
Combined strokes, front & back.

### **Level 3 – Stroke Readiness**

Retrieve object, eyes open.  
Bob – chest deep.  
Jump into water.  
Prone & supine glide.  
Front crawl breathing – 10 yards.  
Back crawl – 10 yards.  
Elementary back kick-10 yards.  
Reverse direction front & back.  
Tread water.

Please bring all previous certification cards with you to the first class. Students will be tested to determine appropriate grouping at first class.

All three levels of classes will be offered at all swim lesson programs. Please indicate on registration form, class name, session and time you would like.

## **TODDLER SWIM CLASS**

This class is designed specifically to address the unique needs of the young, beginning swimmer. Please indicate class and session preference on registration form. Class time is 30 minutes, please allow 45 for the first class so that swim tests can be conducted.

**All classes will run from June 6 – June 21, 2005.**

### **CLASS MEETS/TIME:**

**Session 1:** Mondays & Wednesdays  
10:00 – 10:30 a.m.

**Session 2:** Mondays &  
Wednesdays 11:00 – 11:30 a.m.

**Session 3 –** Tuesdays & Thursdays  
10:00 – 10:30 a.m.

**Session 4 –** Tuesdays & Thursdays  
11:00 – 11:30 a.m.

**LOCATION:** NARA Park.

**FEE:** \$50.00

**INSTRUCTOR:** WSI certified and lifeguard certified instructors.

\*Limit 10 children per session.

## **SATURDAY SWIM LESSONS**

### **2005 Schedule: Class/Time**

**Class 1** – June 4 - July 2

10:45 – 11:15 a.m.

**Class 2** – June 4 - July 2

11:30 – 12:00 noon

**Class 3** – June 4 - July 2

12:15 – 12:45 p.m.

**Class 4** - July 16 – August 13

10:45 – 11:15 a.m.

**Class 5** - July 16 – August 13

11:30 – 12:00 noon

**Class 6** - July 16 – August 13

12:15 – 12:45 p.m.

Please indicate class preference on registration form. Class time is 30 minutes, please allow 45 for the first class so that swim tests can be conducted.

**TIME:** Listed above

**LOCATION:** NARA Park

**FEE:** \$50.00

**INSTRUCTOR:** WSI certified and Lifeguard certified instructors.

Each class is limited to 10 participants.

## **WEEKDAY SWIM LESSONS**

These lessons will be offered in one-week intervals (i.e. Monday – Thursday with make-up on Friday), in the late afternoon. Students will be tested during the first session to determine which group they should be placed in. Lessons are offered for beginners (Level 1) through Level 3 – Stroke Readiness. Please indicate session on registration form.

### **SCHEDULE:**

Week 1: June 13– June 16

Week 2: June 20 – June 23

Week 3: June 27–June 30

Week 4: July 11–July 14

Week 5: July 18–July 21

Week 6: July 25– July 28

Week 7: Aug. 1–Aug. 4

Week 8: Aug. 8–Aug. 11

Week 9: Aug. 15–Aug. 18

Week 10: Aug. 22–25

**TIME:** 4:15-5:00 p.m.

**FEE:** \$50.00

**LOCATION:** NARA Park

**INSTRUCTOR:** WSI Certified and Lifeguard Certified instructors.

Each week is limited to 10 participants.

## **ADVANCED SWIM LESSONS**

This level of instruction is designed for swimmers wishing to perfect finer strokes. Strokes covered in this level include front crawl, elementary backstroke, butterfly and breaststroke. This level carries no certification through American Red Cross, but is great for swimmers who want individualized attention to increase their endurance or perfect their skills. This course will be taught by a certified WSI instructor.

**CLASS MEETS:** Meeting dates and times are dependent on individual schedules. Please contact the Acton Recreation Department about your interest in this program. We will have one of our instructors contact you directly.

**FEE:** \$10 per 1/2 hour session

**LOCATION:** NARA Park

**INSTRUCTOR:** WSI Instructor

## **NARA PARK BEACH MEMBERSHIPS**

The NARA Park beach will open for the season on Saturday, May 28, 2005. The beach will be open daily from 10:00 – 6:00 p.m. prior to June 24, 2005. Weekend and summer hours of operation will be 9:00 – 7:00 p.m. daily. The beach will close for the season on Monday, September 5, 2005. Beach memberships can be purchased at the Acton Town Hall, Recreation Department.

### **ACTON RESIDENTS**

#### **Thru April 30**

Family	\$135.00
Individual	\$75.00
Senior	\$25.00

#### **As of May 1**

Family	\$185.00
Individual	\$110.00
Senior	\$40.00

### **NON – RESIDENTS**

#### **Thru April 30**

Family	\$185.00
Individual	\$110.00
Senior	\$40.00

#### **As of May 1**

Family	\$235.00
Individual	\$130.00
Senior	\$40.00

**RESIDENTS** - \$5.00 per person, \$20.00 per family

**NON-RESIDENTS** – \$7.00 per person, \$25.00 per family

**\*We have a new beach tag system in place this year. We will no longer be recycling old tags.**

## **NARA PARK BEACH ACCESSIBILITY**

NARA Park now offers a beach accessible wheelchair for anyone in need. Simply stop by the office and ask for assistance in

using the wheelchair. The wheelchair will be available on a first come, first served basis. Also, look for our new handicap accessible ramp leading to the beach and newly installed dock.

## **BOAT RENTALS**

NARA Park has a supply of boats available for rental during normal beach hours. We have 6 kayaks, 9 paddleboats, and 3 canoes available for your use. **Rentals are charged \$5.00 per ½ hour** and should be paid directly to the lifeguard or beach monitor on duty. Rental fee includes boats, paddles, and lifejackets. Lifejackets must be worn at all times while using any boat. Rentals subject to boat availability and may not be reserved ahead of time.

## **SNACK SHACK**

The snack bar will be open for the season beginning Saturday, May 28, 2005 from 9:30 – 6:00 p.m. daily. There will be a wide variety of snacks including chips, candy, ice cream, soda, water, hot dogs, pizza, and more. All reasonably priced under \$2.00.

## **NARA PARK RENTALS**

NARA Park is a great place to hold a family reunion, neighborhood picnic, birthday party or company get together. Did you know that you could reserve the amphitheater, bathhouse pavilion, picnic area or field space? Prices vary depending on number of attendees, area rented, and type of function being held. Please contact the recreation department at (978) 264-9608 for more information.

## **The Benefits of Parks and Recreation**

### **Individual**

- Live longer.
- Reduces risk of stress related disease.
- Increases self esteem and self reliance.
- Feeling of safety and security.
- Sense of social belonging.
- Eliminates boredom and loneliness. Creates balance between work and play.

### **Community**

- Reduces crime and delinquency.
  - Connects families.
  - Enhances ethnic and cultural understanding, harmony, and tolerance.
  - Provides outlets for conflict resolution.
  - Supports youth.
- Offers lifelines for elderly.

"The right of children to play, to sing, and to dance; the right of youth to sport for sports' sake; the right of men and women to use leisure in the pursuit of happiness in their own way, are basic to our American heritage." – Harry S. Truman

### **Environmental**

- Clean water! Clean air!
  - Preserves wildlife.
  - Reduces pollution.
  - Protects ecosystem.
- Place to enjoy nature's beauty.

### **Economic**

- Increases tourism.
- Enhances land and property value.
- Business retention.
- Revenue generator.
- Self supporting programs.
- Reduces vandalism and crime.

# Travel



## THE WORLD'S LARGEST OUTLET CENTER!!!

Over 220 designer stores populate this hamlet of shopping in upstate New York. Located about 1 hour from Manhattan, in Central Valley, NY. Woodbury Common is a shoppingaholic's dream - designer clothing at bargain prices.

You'll find plenty of great deals here and not just on clothing, there's stores for home furnishing, jewelry, luggage, leather, gifts & specialty items as well. Stores include Adidas, Banana Republic Factory Store, Barneys New York Outlet, Burberry, Calvin Klein, Chanel, Coach, Dolce & Gabbana, Donna Karan, Fendi, Giorgio Armani, Gucci, Max Mara, Neiman Marcus Last Call, Gap Outlet, Nike Factory Store, Off 5th - Saks Fifth Avenue Outlet, Polo Ralph Lauren Factory Store, Puma, Tommy Hilfiger, Timberland, Versace, Williams Sonoma Outlet, Zegna and so much more!

**TRIP DATE:** Sat., April 23, 2005

**LOCATION:** Acton Town Hall Parking Lot

Bus leaves at 6:00 a.m. Depart outlets at 6 p.m.

**FEE:** \$50. Coffee and donuts will be complimentary on the trip down. The bus will be stop at a diner for supper on the way home. Please bring money for your dinner on the way home.

**INSTRUCTOR:** Acton Recreation Department



## MOHEGAN SUN



Join the Acton Recreation Department on this day trip to Connecticut to try your luck at the Mohegan Sun Casino. We will depart Acton on a luxury motorcoach at 8:00 AM and return at 5:00 PM. Try your luck at the slot machines, table games or

keno. Included in your trip price will be food or bet vouchers. What a great deal!

**DATE:** April 16, 2005

**FEE:** \$30 per person

**LOCATION:** Acton Town Hall

**TIME:** 8:00 AM—5:00 PM

**INSTRUCTOR:** Acton Recreation Department

**TRIP DATE: SAT.  
JUNE 11, 2005**

**FEE:** \$56 Adult/\$52  
Child (age 2-12)

**LOCATION: Depart  
Acton Town Hall**

**5:30 a.m.** (Arriving  
Acton approx. 10:30 p.m.)

**BRONX ZOO, NYC:** Explore and experience the Bronx Zoo with the Acton Recreation Department. Board a luxurious motorbus for a memorable day of learning, exploring and discovery at the Bronx Zoo's new Congo Gorilla Forest, Wild Asia (monorail), Children's Zoo, Tiger Mountain, Butterfly Zone, Skyfari Cable Car and experience the wonders of Nature. Be sure to reserve your date with nature! Fee includes zoo admission to all to all exhibits. Coffee and donuts will be served complimentary on the way down. Lunch coolers can be brought from home into the zoo for your convenience. We will be stopping off to eat dinner on the way home at a fast-food restaurant.

**Signup for this zoo trip must be by: MAY 6, 2005**

# Special Events!



## **5<sup>th</sup> ANNUAL NARA PARK – FAMILY CAMP-OUT**

Join us on Friday, **June 17, 2005** for a night of camping out at NARA Park. Enjoy the playground or take a swim, then join us for a campfire complete with s'mores. Bring your own tent and sleeping supplies. Bathrooms will be available all night for your use. In the morning join us for a catered breakfast then take a boat ride or a quick swim. Pack-up and head for home around 10:00 a.m. Enrollment is limited to 50 families. Families are limited to current household members only. No private cooking fires or grills will be allowed.

**CAMP- OUT DATE:** Friday, June 17, 2005. **Raindate** – Friday, June 24, 2005.

**TIME:** Check-in at 6:30 p.m. on June 17<sup>th</sup>. Check out by 10:00 a.m. on June 18<sup>th</sup>.

**LOCATION:** NARA Park beach and lower fields, park at the lower parking lot.

**FEE:** \$30.00 per family of four or less. Please add \$5.00 per additional person. Includes snacks and breakfast.

## **ACTON DAY**

The 4th annual Acton Day Celebration will take place on **Saturday, September 17, 2005** from 1:00 – 9:00 p.m. This day-long event will start off with a fishing derby for kids up to 14 years of age from 9:00 – 11:30 a.m. More information to follow in the Fall/Winter 2005 program.



## **4<sup>TH</sup> OF JULY CELEBRATION**

We have intentions on running the 4<sup>th</sup> of July celebration as in 2004,

this will be pending on receiving donations to fund this event. We would like to once again thank Donelan's Supermarket for last year's sponsorship donation. If you wish to make a donation for this year, please call the Acton Recreation Department at 978.264.9608.

## **CONCERT SERIES**



## **AN EVENING IN THE PARK**

This is a tentative Thursday night line-up for the 2005 Summer Concert Series. The concerts are scheduled from 6:00 – 8:00 p.m. unless otherwise noted. All concerts will be held at the NARA Park Amphitheater and are family oriented. Bring a chair or blanket, some munchies and sit back, relax and enjoy the performance. Look for more information in the local papers.

## **2005 CONCERT LINEUP**

### **June 30: Rumbafrica**

Authentic African Cultural Music and dances from the Congo, sharing in the rich diversity that the African cultures offer the world. Rumbafrica have become Boston's premier African dance band and a mainstay of the world-music scene throughout New England. Rumbafrica captures hearts wherever they appear. In addition to previous Boston Music Awards nominations, Rumbafrica has also won an award for Outstanding World Music Act at the Artscape Festival in Baltimore, MD.

tival in Baltimore, MD.

### **July 7: "All Together Now"**

All Together Now is back by popular demand. This tribute band to the Beatles is an exceptional group sure to bring you back to Strawberry Fields.

### **July 14: TBD**

### **July 21: "Simply Delicious"**

Selectman's Concert: Broadway songs by Irving Berlin, George Gershwin and Cole Porter with Soprano Nancy Armstrong, artist-in-residence, Brandeis University Graduate Theater Arts Program, and accompanist. (6:00-7:30 p.m.)

### **July 28: TBD**

### **August 11: "T-Bone"**

A special family show. T-Bone is a fantastic children's performer. Tom Stankus is better known to his audiences as T-Bone, has been a musical pied piper to thousands of children, from Maine to Florida for many years. He's an ageless performer with the knack for bringing the kid out in all of us.

### **August 18: 60's Invasion**

They're back—by popular demand! From Gary U.S. Bonds, Elvis, Rascals, Buckingham, and so much more. They've played throughout New England. Get ready to rock 'n roll!

### **August 25: TBD**

\*\*\*\*\*

**We appreciate our sponsors for their contributions to the community. If you would like to find out about our great sponsorship opportunities, please contact us at 978-264-9608.**

H E L P F U L   P H O N E   N U M B E R S			
<b>Acton Recreation Department</b>	<a href="http://www.acton-ma.gov">www.acton-ma.gov</a>	(978) 264-9608	<a href="mailto:recreation@acton-ma.gov">recreation@acton-ma.gov</a>
Recreation Director	Nancy McShea	(978) 264-9608	<a href="mailto:nmc Shea@acton-ma.gov">nmc Shea@acton-ma.gov</a>
Recreation Secretary	Maura Haberman	(978) 264-9608	<a href="mailto:mhaberman@acton-ma.gov">mhaberman@acton-ma.gov</a>
<b>YOUTH SPORTS</b>			
<b>Soccer</b>	Sue Reuther	(978) 266-1490	<a href="mailto:sreuther@comcast.net">sreuther@comcast.net</a>
	George Procter	(978) 264-0301	
	Dave Scheuer	(978) 263-2105	
<b>Little League Baseball</b>	Steve Mielke		<a href="http://www.abymb.com">www.abymb.com</a>
	Dave Hearne		
<b>Pop Warner Football</b>	Ken Frank	(978) 263-3500	
<b>Pop Warner Cheerleading</b>	Mickey Lieto	(978) 264-0225	
<b>Hockey</b>	WWW.ABYHA.ORG		
<b>Softball</b>	Glenn Herdeg	(978) 263-0718	<a href="mailto:glenn.herdeg@comcast.net">glenn.herdeg@comcast.net</a>
<b>A B Lacrosse (Girls)</b>	Judy Peters	(978) 263-2581	<a href="mailto:peters.family@verizon.net">peters.family@verizon.net</a>
<b>A B Lacrosse (Boys)</b>	Mark Robertson	(978) 263-5608	<a href="mailto:aicmr@earthlink.net">aicmr@earthlink.net</a>
<b>ADULT SPORTS</b>			
<b>Abundant Over the Hill</b>	Turner Wilson	(978) 264-2080	
<b>Soccer (30+ league)</b>	Will Bigelow	(978) 263-0863	
	Dana Kintigh	(978) 263-0179	
<b>Men's Senior Baseball (Acton Orioles)</b>	Bob Major	978-448-2797	<a href="mailto:actonorioles@yahoo.com">actonorioles@yahoo.com</a>
<b>Acton Adult Softball League</b>	Acton Recreation Dept.	978-264-9608	<a href="mailto:recreation@acton-ma.gov">recreation@acton-ma.gov</a>